

# Bean and Macaroni Soup

**Makes:** 50 or 100 servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Olive oil		1/4 cup		1/2 cup
Onion, fresh or frozen, small diced	2 lb		4 lb	
Carrot, diced, fresh or frozen	2 lb		4 lb	
Celery, small diced	2 lb		4 lb	
Mushrooms, sliced, canned	24 oz		48 oz	
Garlic, minced		3 Tbsp		1/3 cup
Tomatoes, diced, cnd reserve juice		1 # 10 can		2 # 10 cans
Vegetable stock, low sodium		1 gal		2 gal
Bay leaf		3 leaves		6 leaves
Beans (white, red, or brown), canned, drained, and rinsed	6 1/2 lb		13 lb	
Enriched macaroni/pasta or whole-wheat macaroni/pasta	4 lb		8 lb	
Sage, ground		2 tsp		1 Tbsp + 1 tsp
Thyme, dry		2 tsp		1 Tbsp + 1 tsp
Oregano, dry		1 tsp		2 tsp
Black pepper, ground		1 tsp		2 tsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>220</b>	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	43 g	
Dietary Fiber	6 g	
Saturated Fat	NA	
Sodium	580 mg	

## Meal Components

Vegetables	1/2 cup
Grains	1 unknown

## Directions

1. Heat oil in steam kettle or large stock pot.
2. Add onion, celery, and carrots and cook over medium high heat for 10 minutes or until soft. Do not brown.

3. Add mushroom, garlic, tomatoes and bay leaf and bring to simmer.
4. Add vegetable broth, and drained beans. Return to simmer.
5. Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.
6. Add sage, thyme, oregano and black pepper and serve.
7. Serve 1 cup (8 ounces).

## Notes

### Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).